

ADULT PROGRAMS - EDUCATION

Microsoft Word 2000 Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Wednesday Time: 6:00 – 8:30 p.m.

Date: 5/16 Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Word 2000 Level 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text, create and format tables and more. A working knowledge of MS Word is required. A course manual and disk are included.

Day: Wednesday and Thursday Time: 6:00 - 8:30 p.m.

Dates: 5/23 and 5/24 (2 classes) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000– Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Monday Time: 6:00 - 8:30 p.m.

Date: 5/14 Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000 – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Tuesday and Thursday Time: 6:00 - 8:30 p.m.

Dates: 5/15 and 5/17 (2 classes) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000 – Level 3

Participants will master the following skills in this course: working with records and ranges; sorting, outlining and filtering lists; importing and exporting data; using pivot tables and pivot charts; using data analysis tools; protecting and sharing workbooks; managing workbooks with comments; data validation; and merging/linking workbooks. A course manual and disk are included.

Day: Monday and Tuesday Time: 6:00 - 8:30 p.m.

Dates: 5/21 and 5/22 (2 classes) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Women's Guide to Money Matters

Women's Guide to Money Matters is a seminar designed for women of all ages to learn how to take control of their financial life by examining their values and setting specific, realistic and measurable goals. At this seminar participants will learn strategies about:

What you can do now to prepare for retirement

Your options to pay for a child's or grandchild's education

Developing a strategy to help achieve your financial goals and enjoy life with financial freedom

Day: Wednesday Date: 4/25
Time: 5:30 - 7:00 p.m. Fee: \$10.00
Place: Edward Jones, 304 Federal Road, Brookfield

Internet Marketing Basics

Are you using the internet effectively to market your business? Small businesses and organizations need to use internet tools to their advantage. But without big budgets, how can you get the skills you need? This course provides an overview of how to use the internet for marketing. We will discuss the basics of creating a useful website, how to get your content found by search engines, using social media to connect with your audience and how to measure and analyze your internet marketing program. Learn how to create your own internet marketing program, or learn the basics so you can communicate effectively with an agency. No background in internet marketing is necessary.

Day: Tuesday Time: 7:00 – 8:30 p.m.
Session 1: 5/1 – 5/8 (2 wks) Fee: \$39.00/session
Session 2: 6/5 – 6/12 (2 wks)
Place: Town Hall Meeting Room 129
Instructor: Laura Orban

Animal Communication

What is your pet trying to tell you? Animals have their own language and have a need to communicate. Some things to understand are: Which animals carry that special energy? What do they know that we don't? Learn, experience, enjoy and come with an open mind, which will clear your mind for better understanding to communicate with that special animal in your life. Please bring one or more photo(s) of a single pet(s) alone in a "photograph" - with a face view. Information will be duplicated in both sessions.

Session 1: Wednesday, May 16
Session 2: Wednesday, June 6
Time: 6:30 – 8:30 p.m. Fee: \$20.00
Place: Town Hall Meeting Room 129
Instructor: Rita Marie Bryant

New ~ Opening Inner Psychic Abilities

Is this natural? Can anyone do this? An experiential class with lots of information to heighten your awareness and abilities. Please bring a notebook and something to write with. Limited seating.

Session 1: Wednesday, April 25
Session 2: Wednesday, May 30
Time: 6:30 – 8:30 p.m. Fee: \$20.00
Place: Town Hall Meeting Room 129
Instructor: Rita Marie Bryant

New ~ Clear the Clutter

Now is the time for spring cleaning...why not clear the clutter, too? Come learn what clutter really is and why we hang onto it. Learn helpful strategies to move it out mindfully.

Day: Monday Time: 7:00 – 8:30 p.m.
Date: 4/23 Fee: \$20.00
Place: Town Hall Meeting Room 129
Instructor: Marianne Seeber, Licensed Professional Counselor

New ~ Tool Kit for Balanced Living

Do you feel like you are a dog always chasing its tail? Need to learn how to live your life with some more balance? Spend an evening with Brookfield psychotherapist, Marianne Seeber, and start creating a more balanced lifestyle for yourself and your family.

Day: Monday Time: 7:00 – 8:30 p.m.
Date: 5/7 Fee: \$20.00
Place: Town Hall Meeting Room 129

Instructor: Marianne Seeber, Licensed Professional Counselor

Intermediate Bridge

This advanced beginner's course is intended for players who have completed the beginner's course or who currently play and wish to sharpen their skills. The class will begin with an overview of bidding and regular responses and will follow with discussions on reverses, jump responses, rebids, slam bidding and play of the hand. The minimum size of the class is six participants, maximum of twelve.

Day: Wednesday Time: 6:30 – 8:30 p.m.

Dates: 4/18 – 6/6 (7 wks) - no class 5/9

Instructor: Irv Agard Place: Senior Center

Fee: \$63.00

Digital and Film Photography

In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice and develop your skills. Plus this season we'll examine what your smart phone camera can do. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Tuesday Time: 7:00 – 9:00 p.m.

Dates: 4/10 – 5/15 (5 wks) – no class 4/17

Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

Fee: \$70.00

Click, Load & Print This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home printer or an online lab. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual. Day: Tuesday Time: 7:00 - 9:00 p.m. Date: 5/22 Fee: \$25.00 Place: BHS Computer Lab Instructor: Mary Ann Kulla

Photoshop - Individual Training Have you been struggling to improve your photos with **Photoshop Elements** or some version of **Photoshop**? Are you encountering lots of frustration? If so, this is your opportunity to sit down with an experienced Photoshop user - with at most one other student - to identify and move beyond your current roadblocks. Bring your laptop with images that you'd like to work on, or use the Brookfield High School computers. Since this will be individualized instruction, we can focus on your unique interests. We'll cover whatever topics you'd like to experiment with: tools, selections, pallets, layers, actions or giving your images a unique tonality. Take the next step towards realizing your creative vision!

Day: Tuesday Time: 7:00 - 9:00 p.m. Date: 5/29 or 6/5 (1 wk) Fee: \$75.00

Place: BHS Computer Lab Instructor: Mary Ann Kulla

Guilt-free Pasta

Everyone loves pasta, but many of the delicious sauces we are familiar with— from Grandma's Sunday sauce cooked with pork and beef, to rich and creamy *Fettuccini Alfredo*—have too much saturated fat for today's heart-healthy diets. In this course we will explore a handful of traditional pasta recipes from different regions of Italy which use vegetables, seafood, fish, and even fruit, to make satisfying and festive dishes. We may also try our hand at making different versions of gnocchi, and some homemade pasta.

Come hungry to our class—because we'll be feasting on the dishes we cook!

Day: Wednesday Time: 6:30 – 8:30 p.m.

Dates: 4/25 – 5/16 (4 wks)

Place: WMS Home Ec. Room #1515

Instructor: Ann Salinger Fee: \$82.00

Mediterranean Vegetable Cooking a la carte

Everyone knows that the heart-friendly "Mediterranean Diet" is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Participants will spend time learning how to select and prepare ingredients and the different cooking techniques used with those ingredients. Many traditional recipes have been updated to make them lower in cholesterol, and able to retain the maximum number of nutrients (both original and updated cooking methods will be discussed.) Classes will be conducted as a combination demonstration and hands-on workshop and will encompass appetizers, side dishes, and main courses. Topics covered will be decided upon by the students enrolled during the first class of each session, but may include; eggplant, squashes, peppers, greens, artichokes, mushrooms, beans, cauliflower, and cardoons. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge of ingredients and techniques, and enthusiasm for cooking, with friends and students.

Day: Friday Time: 10:00 a.m. – 12:00 p.m.

Dates: 4/27 – 5/18 (4 wks)

Place: Congregational Church, Fair Kitchen

Fee: \$82.00

D.E.P. Boating Safety Course

Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State Boating Certificate, required for anyone who operates a boat. **Participants must attend all four classes in the same session.** There is an additional \$50 certificate fee to the State, which you will mail in after successful completion of the class.

Session 1:

Day: Tuesday and Thursday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 4/3, 4/5, 4/10, 4/12 (4 classes)

Place: WMS Seminar Rm. Fee: \$20.00

Session 2:

Day: Monday and Wednesday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 5/7, 5/9, 5/14, 5/16 (4 classes)

Place: WMS Seminar Rm. Fee: \$20.00

ADULT - DECORATIVE ARTS

Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday Time: 6:00 – 8:00 p.m.

Session 1: 3/29 – 5/24 (8 wks) – no class 4/19

Session 2: 6/7 – 7/26 (8 wks)

Session 3: 8/16 – 10/4 (8 wks)

Place: Senior Center Fee: \$88.00/session

Instructor: Victoria Lange

Beginning Sewing

Have you ever wanted to learn how to sew? Here's your chance in this program for students with little or no sewing background. Before the class begins the instructor will either meet you at Joanne's Fabrics in Brookfield or speak with you over the phone, to help you pick out a pattern and fabric suitable for the project that you'd like to complete. Over the next six weeks you'll be walked through the steps to complete your project, including how to read a pattern, and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40- 100. (Be prepared to bring to first class.)

Day: Thursday Time: 6:00 – 8:00 p.m.

Dates: 4/26 – 5/31 (6 wks) Fee: \$90.00

Place: WMS Home Ec. Room Instructor: Karen Ryavec

ADULT FITNESS

Train for a 5K

Are you interested in running a 5K (3.1 miles) road race? Are you a walker who would like to try running? Are you a runner interested in improving your times? Come join Cassie Dunn in a group setting for a series of training runs and short lectures. (Come dressed to run and bring a water bottle) You will learn how to design a training program based on your level of fitness, whether you are a walker or a runner. Each participant will be evaluated and given a training program to follow on their own until the next week's meeting. This program will meet for six weeks, culminating in the Mother's Day 5K on 5/13/12. (Registration for the 5K is included in the fee.) All fitness levels are welcome! Cassie Dunn, a former cross-country and track coach, lives in Brookfield. She is a NASM certified personal trainer, functional training specialist, Pilates instructor and Spinning instructor.

Day: Saturday Time: 9:00 – 10:00 a.m.

Dates: 4/7 – 5/12 (6 wks) Instructor: Cassie Dunn

Place: BHS Track Fee: \$70.00

New ~ Healthy Athlete Sports Clinic

Would you like to:

Train more effectively?

Optimize performance?

Recover faster from muscle fatigue?

Ease chronic pain?

Learn how your muscles and nervous system combine to be your most powerful weapon in preparing for, or recovering from, any sport or training event. Come to our 90 minute healthy athlete clinic and invest in your performance health. Dr. James Miller D.C. and Tanya Myslovskiy, a licensed massage therapist specializing in Sports Massage, will conduct the interactive clinic which includes a complimentary chair massage for each attendee. Limited to 10 people per session.

Session 1: Saturday, April 21, 10:30 a.m. – 12:00 p.m.

Session 2: Tuesday, April 24, 6:00 – 7:30 p.m.

Session 3: Saturday, May 5, 10:30 a.m. – 12:00 p.m.

Place: Brookfield Family Chiropractic, 499 Federal Road

Fee: \$10.00 for one 90 minute session

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast

and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Wednesday Time: 7:00 – 8:00 p.m.

Dates: 4/11 – 6/6 (8 wks) – no class 4/18

Place: WMS Cafeteria Fee: \$75.00

Instructor: Dolly Pinto

Yogalates

A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 7:00 – 8:00 p.m.

Dates: 4/10 – 6/5 (8 wks) – no class 4/17

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

The Fit Female Challenge

8 WEEK PROGRAM, UNLIMITED CLASSES! LOSE FAT AND INCHES! GUARANTEED RESULTS!

Watch your body change as you lose fat and inches. For 8 weeks, you MUST take a minimum of 4 classes per week. You can take any 4 classes that you choose and as many additional classes as you would like. A record will be kept of your classes. You will be weighed and measured before your first class. A nutrition plan will be recommended for you. At the end of 8 weeks, you will be weighed and measured again.

We are so confident that you will be successful, that, if you HAVEN'T lost fat and inches, you will be given a 3 month, VIP membership to NO LIMIT HEALTH & FITNESS. Register no later than Friday, April 20 and expect to begin the week of April 23.

Fee: \$199.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE! Register for a session and receive a free single class pass at No Limit.

Day: Tuesday Time: 9:15 – 10:15 a.m.

Session 1: 4/17 – 5/22 (6 wks) Fee: \$70.00/session

Session 2: 5/29 – 7/3 (6 wks)

Place: No Limit Health & Fitness, 1120 Federal Rd.

Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free single class pass at No Limit.

Day: Friday Time: 9:15 – 10:00 a.m.

Session 1: 4/20 – 5/25 (6 wks) Fee: \$70.00/session

Session 2: 6/1 – 7/6 (6 wks)

Instructor: Abi Scudder

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Power Hour

For women who want a TOTAL-BODY workout and cardio! In this class you will burn calories while firming, shaping and toning the arms, back, chest and shoulders, legs, glutes and abs. Learn proper form and technique to obtain your best body possible. We will use hand-held weights, kettle bells, bands, steps, stability balls and more. No two classes are the same!! For people of all physical levels, Donna will challenge a beginner AND advanced student. A fun class that will get you results! Class also includes a warm-up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE! Register for a session and receive a free single class pass at NO LIMIT!

Day: Thursday Time: 9:00 – 10:00 a.m.

Session 1: 4/19 – 5/24 (6 wks) Fee: \$70.00 per session

Session 2: 5/31 - 7/5 (6 wks)

Instructor: Donna Binetti

Place: NO LIMIT Health and Fitness, 1120 Federal Road

Ballroom and Latin Dance Mix

Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz, Quick Step, Mambo/Salsa, Cha-Cha, Samba, Rumba, and East Coast Swing. Emphasis will be placed on mastering each step before moving on to new dances. No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and Latin dances in our singles class. Please note the dress code for participation in dance classes, no jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday

Singles: 6:15 – 7:00 p.m. Fee: \$68.00/person

Couples: 7:00 – 8:15 p.m. Fee: \$159.00/couple

Place: Whisconier Middle School Cafeteria

Dates: 4/24 – 5/29 (6 wks)

Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE! NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT (775-8548) is the site for all of our cycling classes.

Monday, 9:15 – 10:15 a.m.

Session 1: 4/16 – 5/21 (6 wks) Fee: \$70.00/session

Session 2: 6/4 – 7/9 (6 wks) Instructor: Lisa

Monday, 6:00 – 7:00 p.m.

Session 1: 4/16 – 5/21 (6 wks) Fee: \$70.00/session

Session 2: 6/4 – 7/9 (6 wks) Instructor: Staff Rotation

Tuesday, 6:00 – 7:00 p.m.

Session 1: 4/17 – 5/22 (6 wks) Fee: \$70.00/session

Session 2: 6/5 – 7/10 (6 wks) Instructor: Stacey

Wednesday, 9:30 – 10:30 a.m.

Session 1: 4/18 – 5/23 (6 wks) Fee: \$70.00/session

Session 2: 6/6 – 7/11 (6 wks) – no class 7/4 Instructor: Liz

Thursday, 6:00 – 7:00 p.m.

Session 1: 4/19 – 5/24 (6 wks) Fee: \$70.00/session

Session 2: 6/7 – 7/12 (6 wks) Instructor: Liz

Saturday, 9:15 – 10:15 a.m.

Session 1: 4/21 – 5/26 (6 wks) Fee: \$70.00/session

Session 2: 6/9 – 7/14 (6 wks) Instructor: Staff rotation

Men's Softball League

Interested teams should attend the next meeting on Tuesday, April 10, 7:00 p.m. in Room 119 of Town Hall. Interested individuals who are looking to be placed on a team should also attend the April 10 meeting. Interested teams or individuals who cannot attend the scheduled meeting should contact League Director Jason Maxwell before April 10 at jamaxwell@hotmail.com.

Tennis partner, anyone?

We have had requests from several residents who are looking for additional people to play tennis with. If you are interested in being contacted by other residents who play, or would like to contact others, please email Donna Korb, Administrative Assistant at dkorb@brookfieldct.gov by May 1. She may also be reached by phone at 775-7310.

Please include your name and preferred method of contact (including phone number or email address). It would also be helpful if you noted whether you prefer singles or doubles as well as your approximate playing level if known. We will be compiling a list to distribute to all who responded in mid-May.

Adult Beginner Tennis Lessons

This class is designed for the beginner adult who has never really played much tennis but wants to learn. We will cover the basic strokes in tennis: forehand, backhand, volley, serve, overhead and lob. In addition, you will learn basic USTA rules of the game, how to play the game, and keep score. Please wear a good pair of sneakers, and bring a racquet whose grip fits comfortably in your hand, sunscreen and plenty of water. (We do have a few racquets if you do not have one.) Hats and sunglasses and a water bottle are suggested.

Day: Saturday Time: 8:30 - 9:30 a.m.

Session 1: 6/16 – 7/7 (4 wks) Fee: \$44.00/session

Session 2: 7/28 – 8/25 (4 wks) – no class 8/18

Session 3: 9/8 – 9/29 (4 wks)

Place: BHS Tennis Courts

Instructor: Elaine Gregory, BHS Girls' Coach

New ~ Tennis, too

This class is for the adult tennis player who wants to take the next step beyond the beginner level. This class will focus on better execution of strokes and serve, game strategy and play, as well as tennis rules and match scoring. This class will include drills and game play.

Day: Tuesday Time: 6:30 - 7:30 p.m.

Session 1: 6/19 – 7/10 (4 wks) Fee: \$88.00

Session 2: 7/24 – 8/14 (4 wks)

Place: BHS Tennis Courts

Instructor: Elaine Gregory, BHS Girls' Coach

Adult Fitness - Yoga

YogaSpace is the premier yoga facility in northern Fairfield County. We are proud to be partnering with them to offer a wide variety of yoga styles throughout the week. Their instructors bring a depth of knowledge to classes that allow students to practice in a safe and comfortable space. This season we are pleased to offer class passes that allow participants to sample a variety of yoga and related offerings. Class passes will also allow participants more flexibility, as they can attend a different class if they need to miss their favorite class for any reason.

YogaSpace – Introductory Series Pass

Use your Introductory Series pass at any of the below-listed classes to become acquainted with yoga and related practices. Each class will offer accessible instruction and modifications at a slower pace to help you gain awareness about yourself and an understanding of the practice of yoga.

You may use your pass at one class, or you may drop in on several of the classes. Please see www.yogaspace-ct.com for class times and full descriptions. Choose from:

Introduction to Yoga (New Saturday class!)

Gentle Yoga Kripalu Yoga

Tai Chi Fusion

Dates: 4/9 – 6/23

Fee: \$160 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 6/23/12.

YogaSpace – Intermediate Series Pass

Use your Intermediate Series pass to deepen your practice. Choose from any of the below-listed classes to take your physical and emotional practice to the next level. Our certified instructors will guide you in more challenging postures at a faster pace. Prior yoga experience is recommended. You may use your pass at one class, or you may drop in on several of the classes. Please see www.yogaspace-ct.com for class times and full descriptions. Choose from:

Mixed Level Yoga Anusara-Inspired Yoga

Ashtanga Yoga

Dates: 4/9 – 6/23

Fee: \$160 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 6/23/12.

Fertile Yoga

For women who are trying to conceive, or who want to address reproductive issues through stress reduction techniques. Spouses and partners are also encouraged to attend! This program is funded by RMA of CT. There is no charge, but registration is required.

Day: Friday Time: 6:00 – 7:15 p.m.

Dates: 4/13 – 6/22 (11 wks) Fee: No charge

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Lisa Rosenthal

Little Seed & Me –

Postnatal Mommas & Pre-Crawlers

Welcome new moms and infants who are not crawling yet. Michelle's signature Green Woman Baby & Me Yoga Class will help you remember your body (that vehicle of power and strength) and nurture you back to movement and re-awakening through Yoga. Postpartum means a yoga practice that is often interrupted by nursing, feeding, caressing, holding, diaper changes, and independent moments of triumph. Join Michelle for a playful hour of yoga with some extra bonding and transition time at the end so your experience is leisurely and relaxing! For caregivers and infants who are not yet crawling.

Day: Monday Time: 12:00 – 1:15 p.m.

Dates: 4/9 – 6/18 (11 wks)

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Michelle Wenis

Fee: \$160 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 3/31/12.

Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are

ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. April classes meet 6:00 – 7:00 p.m. May through August classes meet 6:30–7:30 p.m.

April: 4/4, 4/11, 4/18, 4/25 (Wednesdays)

May: 5/8, 5/15, 5/22, 5/29 (Tuesdays)

June: 6/7, 6/14, 6/21, 6/28 (Mondays)

July: 7/2, 7/9, 7/16, 7/23 (Mondays)

Aug: 8/1, 8/8, 8/15, 8/22 (Wednesdays)

Women Only Classes (Beginner)

April: 4/3, 4/10, 4/17, 4/24 (Tuesdays)

May: 5/9, 5/16, 5/23, 5/30 (Wednesdays)

June: 6/5, 6/12, 6/19, 6/26 (Tuesdays)

July: 7/5, 7/12, 7/19, 7/26 (Thursdays)

Aug: 8/6, 8/13, 8/20, 8/27 (Mondays)

Adult Intermediate

May: 5/10, 5/17, 5/24, 5/31 (Thursdays)

June: 6/4, 6/11, 6/18, 6/25 (Mondays)

July: 7/4, 7/11, 7/18, 7/25 (Wednesdays)

Aug: 8/7, 8/14, 8/21, 8/28 (Tuesdays)

Senior Golf League – 55+

Just for men and women age 55 and over, this league entering its third year, meets at Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, May 1 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes will give participants the opportunity to play with friends and make new ones as well. Choice of playing 9 or 18 holes with or without cart (fees vary from \$10 – 30 per week depending on option selected and all include lunch.) League entry fee of \$15.00 to Parks & Recreation due before you will be scheduled and must be paid one week before your first match. To download a flyer with complete details please visit our website at www.brookfieldct.gov/rec or call Parks & Recreation at 775-7310 and we will be happy to mail, email or fax you a copy.